



MyPyramid Audio Podcasts

Beverages

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host, sharing tips you can use everyday to eat right and get active.

[Sound Effects: soda can opening, liquid pouring into a glass, gulping] Need to quench your thirst? Here are some ideas to help you make better beverage choices. Limit sugary drinks. Instead, choose water, low-fat milk, 100% juice, or unsweetened tea or coffee. Whatever you choose, watch out for added sugars. And if you're a coffee drinker, add fat-free milk to make that latte or cappuccino.

That's it for today. To find out more information about eating and living healthy, go on our website at MyPyramid.gov. Thanks a latte! Have a grande!